

**Beginning Pilates**  
This class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

**Cardio Combo**

1 hr, 11 weeks: This starts with a arm-up, low impact cardio aerobics and then mix it up with basic step aerobics for those new to step, interspersed with strength work for upper body and core, and then cool-down with stretching for flexibility.

**Dance Graze**

45 min, 6 weeks for 3-5 yr olds: A mix of fun dance inspired games. The class promotes creative movement and expression through dance. Perfect for all levels. Dance games include freeze dance, dance off, around the world, hi-low, and show off.

**Fit & Fabulous**

This class will be composed of low impact cardio and muscle conditioning to start off the morning right!

**Flexibility**

1 hr, 11 weeks: A relaxing class, which focuses on different types of stretches for all major muscle groups to maintain and improve flexibility.

**H.I.R.O. Child Program**

30 min, 6 weeks: HERO- Helping Everyone Respect Others. For 4-5 year olds. This popular 6 week program is designed to teach individuals the basics of Martial Arts training through drills and games which will enhance fine motor skills and also instill courtesy and respect for each other. This program is excellent for building self-esteem, self-confidence and self-control.

Registration class information can be found in the Parks & Recreation Brochure.

Classes are available for Residents and Non-Residents of Scottsdale.

**Hip Hop Dance**  
Learn basic steps of the Jitterbug, Charleston, and the Lindy Hop. We will be leading and following, turning, and kicking in the East Coast Swing Style. This is a couple's class and each person needs to register.

**Low Impact Step Aerobics**

10 weeks: This class offers seniors an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour.

**New York Style Salsa/Mambo**  
1 hr, 8 weeks: *Muy Caliente!* New York is the salsa capital of the world and this class teaches New York style salsa and mambo. This beginners' class covers fundamentals of footwork, partnering, and development of rhythm. No partner needed, no experience necessary. Class will also include a brief introduction to LA style salsa, merengue, and bachata. By the end of the class you'll be ready to hit local salsa clubs and salsa the night away!

**Step On It**  
1 hr, 11 weeks: A high energy work out, includes the basics of step aerobics, resistance training and abdominal exercises. This class is for all ages and no prior experience is necessary.

**Super Sculpt**

A class that uses weights, hands, body bars, and gravity to strengthen and tone all major muscle groups.

**The following classes are available for drop-ins:**

|                          | Cactus Aquatic & Fitness Center |  |
|--------------------------|---------------------------------|--|
| PILATES                  | \$7                             |  |
| CARDIO COMBO             | \$6                             |  |
| SUPER SCULPT             | \$6                             |  |
| STEP ON IT               | \$6                             |  |
| FIT & FABULOUS           | \$6                             |  |
| FLEXABILITY              | \$6                             |  |
| LOW IMPACT STEP AEROBICS | \$6                             |  |

**The remainder of the classes are registration only.**  
For further questions, please feel free to contact Leisure Education at: (480) 312-7957